



# PUBLIC SERVICE INDOOR ROWING CHALLENGE 2025



## EVENT INFORMATION

Date	:	Saturday, 26 July 2025
Game Venue	:	OCBC Arena Hall (2/3), Singapore Sports Hub
Reporting Venue	:	OCBC Arena Hall (2/3), Singapore Sports Hub
Reporting Time	:	By 8.00am
Getting There	:	<u>By MRT</u> Alight at Stadium MRT Station (CC6). Use Exit A.  <u>By CAR/TAXI/BUS</u> <a href="https://www.sportshub.com.sg">https://www.sportshub.com.sg</a> > Getting There
Registration	:	<a href="https://www.csc.sg/stargames">https://www.csc.sg/stargames</a> (Through sports liaison officers)
Closing Date	:	<b><u>Friday, 13 June 2025</u></b>

## RULES & REGULATIONS

### 1 **TOURNAMENT**

- 1.1 The Public Service Indoor Rowing Challenge (PSIRC) is held in conjunction with the Public Service Sports and Family Day 2025 (PSSFD 2025). The PSIRC programme is shown in the Annex.
- 1.2 The PSIRC shall be conducted in accordance with the STAR Games General Rules and Challenge rules as laid down by the Civil Service Club.

### 2 **ELIGIBILITY**

- 2.1 The PSIRC is open to all civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools.
- 2.2 All participants are required to bring along their NRIC and Employment/Office passes for verification by the Tournament Official if required.

### **3 REGISTRATION**

- 3.1 Sports Liaison Officers can register their rowers online at [www.csc.sg/stargames](http://www.csc.sg/stargames).
- 3.2 Participation is free.
- 3.3 Each team is allowed to register a maximum of 6 rowers (4 rowers and 2 reserves).
- 3.5 An agency is allowed to register rowers from other government agencies. The agency registering the mixed-agency team must ensure that all the team members are eligible rowers.
- 3.6 A rower is allowed to row for one agency only. Multiple representation of agencies by a rower is strictly not allowed.
- 3.8 A minimum of six (6) participating ministries/organisations is required for the tournament to proceed.
- 3.9 Any agency that withdraws or gives a walkover after the fixtures for the Challenge had been drawn shall be fined \$100.

### **4 EVENTS AND RACE RULES**

- 4.1 The PSIRC 2025 shall comprise the following events:

Events	Age Criteria	Distance
Men Team Relay (4 male)	no age limit	4 X 500m
Women Team Relay (4 female)	no age limit	4 X 500m
Mixed Team Relay (2 male, 2 female)	no age limit	4 X 500m

- 4.2 All rowers must remain on their own machines for the entirety of the race.
- 4.3 Resistance (damper) settings can be adjusted before the race begins but must remain fixed throughout the race.

- 4.4 Teams may have a designated technical liaison to manage cable integrity and ensure systems functional before each race.
- 4.5 If a machine malfunctions before the start, race officials may allow a restart.
- 4.6 If a machine fails during a race, the score will stand unless a race official decides a re-race is fair.

## **5 EQUIPMENT AND SET UP**



- 5.1 Eight Rowing Machines: Concept2 ergometers on slides, will be set up.
- 5.2 Connectivity: All 4 machines will be linked via cables to a central race system and monitor.

## **6 FORMAT**

- 6.1 Each race will cover a 500 meters per rower.
- 6.2 All 4 rowing machines (Concept2 on slides) will be electronically connected and synced
- 6.3 Team Score is the combined time of all 4 rowers (machines).
- 6.4 Teams shall play round-robin format in groups for a category. The champion of the groups shall proceed to the next Knock-out Round.
- 6.5 In the Knockout stage, teams will play up to quarter, semi and finals to determine the best team.

6.6 Each rower uses a dedicated machine; no switching is allowed during the race.

## **7 SCORING AND RANKING**

7.1 Ranking in round-robin stage will be based on:

- Number of Wins
- Fastest combined time (Tie-breaker)

7.2 Finals will determine the top 4 placings.

## **8 ATTIRE AND TEAM CONDUCT**

8.1 All team members must wear matching coordinated attire for visual cohesion.

8.2 This event emphasizes teamwork, mutual encouragement and fair play.

8.3 Unsporting behavior may result in disqualification.

## **9 PRIZES**

9.1 Cash prizes will be awarded to the top 4 teams as follows:

- |    |           |   |                                |
|----|-----------|---|--------------------------------|
| a) | Champion  | - | 6 medals plus \$350 and trophy |
| b) | 2nd Place | - | 6 medals plus \$300            |
| c) | 3rd Place | - | 6 medals plus \$250            |
| d) | 4th Place | - | 6 medals plus \$200            |

9.2 The top 4 teams must be present to collect the prizes from the Guest-of-Honour at the at the Arena Hall (2 or 3) at 12pm otherwise the prizes will be forfeited.

## **10 WATER BOTTLES**

10.1 As part of going green, participants must bring their own water bottles. Drink dispensers are provided at the event.

## **11 RIGHTS**

11.1 The Civil Service Club reserves the right to change the format, rules and regulations of the PSTC if deemed necessary.

11.2 Any rules which are not provided for in these Rules & Regulations in the conduct of the tournament shall be decided by the Tournament Committee whose decisions shall be final.

- 11.3 The Civil Service Club reserves the right to cancel, postpone or change the venue, date and/or time of the event at its discretion due to unforeseen circumstances.

## **12 PHOTOGRAPHY**

- 12.1 The Civil Service Club reserves the right to use any photographs (including those of Participants), motion pictures, recordings, or any other media records of any STAR Games, for any legitimate purpose, including commercial advertising and distribution to sponsors and partners.
- 12.2 Photography and/or videography will be taken during the event for news and publicity purposes by the official photographer and/or videographer, and may be used for print and on online/electronic platforms of the Civil Service Club. The Organiser owns all rights to the photographs and video recordings. Any participants who do not wish to have their photographs or video recordings taken can notify inform the Organiser at the event site.

## **13 PERSONAL DATA PROTECTION**

- 13.1 All participants consent to their personal data being collected and processed for purposes of administration and communication in a particular event. Participants also agree to receive postings on other events organised by the Civil Service Club.

## **14 PUBLIC SERVICE SPORTS AND FAMILY DAY (PSSFD) TICKETS**

- 14.1 Participants in the PSIRC can register their spouses, children and/or parents, to take in the activities at the PSSFD.
- 14.2 Only registered participants and family members will be issued with the PSSFD QR code tickets for redemption of fun packs and freebies at the event.
- 14.3 Details on the e-registration for family members will be announced in June 2025.

## **15 COVID-19 SAFE MANAGEMENT MEASURES**

- 15.1 All participating teams must comply with prevailing COVID-19 Safe Management Measures (SMMs) issued by Ministry of Health and Sport Singapore.
- 15.2 Team members must not show up at the event venues if they are not feeling well or exhibit any symptoms of COVIDS-19 infections.

<b>DISCLAIMERS</b>
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## **16     DISCLAIMERS**

- 16.1 Participants take part in the PSIRC 2025 and/or other events held at the PSSFD at their own risk.
- 16.2 Participants especially those with medical conditions, are strongly advised to consult their doctors before taking part in the events.
- 16.3 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any mishap, injury or loss of life that may be suffered by participants and/or supporters before, during or after the event.
- 16.4 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings before, during or after the event.



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**TENTATIVE PROGRAMME**

<b><u>Time</u></b>	<b><u>Programme</u></b>
8.00am	Teams report to Officials at Arena Hall (3), Singapore Sports Hub
8.15am	Briefing for all participating teams
8.30am	Start of Indoor Rowing Challenge
11.30am	End of Indoor Challenge Challenge
12.00pm	Prize Presentation at Arena Hall (2 or 3). Top 4 teams must be present to collect the prizes.  Teams redeem their fun packs at Arena Hall (2 or 3).
12.30pm	Proceed to OCBC Square for other PSSFD programme